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Made-in-Canada is now in style. Page 22.

A police officer guards a security perimeter set up around the Chimo Hotel Wednesday as investigators combed the location for hazardous materials. An official with the U.S. Department of Homeland Security said the man arrested is Christopher Phillips, who is wanted on a Canada-wide warrant after police in Nova Scotia found hazardous chemicals in a cottage. JOE LOFARO/METRO

All clear after chemical scare

Public safety. Police find no hazardous materials, say man was wanted in Nova Scotia

Ottawa police say they found no hazardous materials following the overnight evacuation of the Chimo Hotel and the arrest of a man wanted on a warrant issued in Nova Scotia.

Ottawa police said their investigation at the hotel is complete and there are no concerns for public safety. While police would not identify the man in custody an official with U.S. Department of Homeland Security's attaché in Ottawa confirmed that U.S. authorities were assisting with the investigation of Christopher Phillips.

The matter is being handled by Nova Scotia RCMP, who found hazardous chemicals in a cottage in the province's Grand Desert area.

RCMP investigators from Nova Scotia are travelling to Ottawa to interview the suspect, Halifax area RCMP Cpl. Greg Church said.

In Ottawa, Const. Chuck Benoit said there's no information suggesting there was a threat to national security or a connection to terrorism.

Benoit said the Ottawa police investigation began Tuesday at about 10:15 p.m. and a perimeter was established around the eight-storey hotel, which was evacuated.

"The information that we received (was) that it was a threat, a suspicious male that was at the hotel," Benoit said, describing the investigation as "complex."

He said guests had to be evacuated quietly and officers had to be careful not to alert the suspect, who was checked in to a room on the sixth floor.

"We are very fortunate that that went on so peacefully, and a lot of co-operation from the public that were inside, as well as the employees."

Police closed all streets surrounding the hotel and asked the public to avoid the area. Benoit could not say how many people were involved in the Ottawa evacuation, but the Chimo Hotel website says it has 256 guest rooms.

THE CANADIAN PRESS, WITH FILES FROM JOE LOFARO

For more on the investigation, turn to page 3.

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Nova Scotia man held in chemicals probe

Investigation. RCMP issued a Canada-wide warrant and the suspect was arrested in an Ottawa hotel

Firefighters attend the scene where a large quantity of unidentified chemicals were found in a residence in Grand Desert, N.S. on Wednesday. Police have not identified the chemicals and an explosive disposals unit, forensic identification experts and hazardous material crews have been called in to investigate. ANDREW VAUGHAN/THE CANADIAN PRESS

Chris Phillips, the 42-year-old man at the centre of a dangerous chemicals investigation in Nova Scotia, was arrested Wednesday in Ottawa after police in his home province were tipped off to a suspicious package on Tuesday.

Residents in one Cole Harbour neighbourhood were in shock as they watched two of their streets blocked and evacuated by RCMP officers.

The RCMP issued a Canada-wide warrant for the suspect after a "large quantity" of chemicals were discovered inside two homes in the Halifax area, Cpl. Greg Church said, though he declined to specify how many were found.

An explosive disposals unit, forensic identification experts and hazardous material crews were also enlisted to help with the investigation in Halifax, where evacuations in the communities of Cole Harbour and Grand Desert were ordered Tuesday as a result of the chemicals discovery. The evacuation of four homes within a 250-metre radius of a cottage in Grand Desert remained in effect Wednesday night.

Church said some of the chemicals found in Halifax were labelled and confirmed to be "volatile and dangerous," while other chemicals have yet to be identified. He said a chemist will be brought in to help with the police investigation.

Although some media outlets reported unconfirmed details of Phillip's professional background, one of the few confirmed details to leak out was of his former marriage to star U.S. Olympic gymnast Shannon Miller.

Miller's manager Nick Furris said Wednesday Miller was told by police that her ex-husband, had been arrested in Ottawa.

"Upon hearing the recent news surrounding Christopher Phillips, my prayers immediately go to the safety of those around him," Miller said in a statement.

"I'm thankful that the brave men and women of the Ottawa police department and other law enforcement agencies were able to apprehend him and defuse the situation."

In Nova Scotia Wednesday, David Croft, a resident of Grand Desert, watched as hazardous material teams worked near the small red cottage where chemicals were discovered.

Croft said people in the area found the man who came and went from the residence to be unfriendly.

"I don't consider this person my neighbour. I don't know him," Croft said.

"I only spoke to him once in the past so I can't really know much about him, but I know he wasn't very friendly."

He said families in the area were concerned to hear there were still chemicals in the residence as of Wednesday evening.

"It's a concern for our neighbours and family for anything like this to take place. Nobody wants to think this is in their backyard."

THE CANADIAN PRESS

Timeline

- **Tuesday afternoon:** Ottawa police received information about a person from Cole Harbour, N.S. possibly on his way to the nation's capital "potentially in possession of dangerous substances."
- **10 p.m.:** Ottawa police locate the suspect's vehicle at the Chimo Hotel at 1199 Joseph Cyr St. and confirmed he was a guest with a room on the sixth floor. The suspect was on a Canada-wide arrest warrant issued by the RCMP in Nova Scotia.
- **Wednesday 4:24 a.m.:** Ottawa police say in a tweet that the Chimo Hotel is being evacuated. The hotel was placed on lockdown after guests were quietly evacuated from the building. Ottawa police tactical officers are deployed. The Chemical, Biological, Radiological, Nuclear and Explosives (CBRNE) and Hazmat team also respond.
- **4:54 a.m.:** Police close several roads in the area, including the 174 St. Laurent off ramp.
- **8:20 a.m.:** After negotiations, tactical officers arrest the male suspect without incident inside the hotel.
- **10:40 a.m.:** During a media briefing in a parking lot near the hotel, Const. Chuck Benoit tells reporters the man's room and vehicle still have to be processed.
- **3:06 p.m.:** Ottawa police say their investigation is complete and no hazardous materials were found.

JOE LOFARO/METRO

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University of Ottawa says it won't release hockey misconduct reports

Gee-Gees. School admits investigation was part of legal defence strategy

The Minto Sports Complex, home of the University of Ottawa Gee-Gees men's hockey team. The team was benched for the 2015-16 season after an investigation revealed player behaviour that "suggested an unhealthy climate surrounding the team," according to university president Allan Rock. PATRICK DOYLE/THE CANADIAN PRESS

The University of Ottawa is refusing to release a pair of investigative reports into misconduct that led to the suspension of its men's hockey team, revealing for the first time that the probe was launched as part of a pre-emptive legal strategy.

As a result, the varsity players find themselves in the odd situation of having participated willingly in an investigation, overseen by a major law firm, that was aimed at protecting the university from possible lawsuits.

Police in Thunder Bay have charged two players with sexual assault in connection with an incident involving a 21-year-old woman during a road trip in February 2014. The team was initially suspended for the remainder of the 2013-14 season, and now the men's hockey program has been put on hold through 2015-16.

The remaining 22 players are represented in a $6-million class-action lawsuit against the university that alleges their reputations were unnecessarily tarnished.

Lawrence Greenspon, the lawyer representing the players in the suit, said it's "fundamentally wrong" to withhold the reasons behind the suspension.

"If you're going to punish somebody for something that you said they did wrong, you have to at least disclose to them the basis for the punishment.... It's fundamental fairness to human beings," Greenspon said in an interview.

Last June, university president Allan Rock told a news conference that independent investigator Steven Gaon had delivered a report. Rock said the university fired hockey coach Réal Paiement based on the finding he did not inform school officials about the Thunder Bay incident.

In a subsequent letter to the Globe and Mail, Rock said the investigation also "disclosed widespread behaviour that was disreputable and unbecoming of representatives of uOttawa and suggested an unhealthy climate surrounding the team."

Gaon was actually hired and directed by the law firm Norton Rose Fulbright Canada, which in turn had been retained by the university, "to probe the facts underlying the allegations, in order to be in a position to give legal advice to the university on potential legal claims arising from the men's hockey team matter," the firm said in a submission to Ontario's information commissioner in December.

The Canadian Press lodged a complaint with the commissioner's office after the university refused to release any part of the investigation's findings under the province's freedom-of-information law.

In May, Gaon delivered not one, but two reports — one about allegations of sexual misconduct, and the other on excessive drinking. Those reports were also prepared "for use in giving legal advice," according to university lawyer David Bolger.

THE CANADIAN PRESS

Women withdraw complaint over artificial World Cup turf

The turf war is over, with a group of elite women's players withdrawing its human rights complaint over artificial turf at this summer's Women's World Cup in Canada.

The women did not exit quietly, however. Their lawyer slammed FIFA and the Canadian Soccer Association (CSA), saying both governing bodies had behaved badly in the face of the challenge before the Human Rights Tribunal of Ontario.

Lawyer Hampton Dellinger accused the soccer authorities of threatening players with suspension, delaying legal tactics and rejecting the players' "undeniably fair settlement offer."

"In the face of such irresponsible actions by FIFA and CSA, the players have elected to end their legal fight," Dellinger said in a statement Wednesday.

Quoted

"The players are doing what FIFA and CSA have proven incapable of — putting the sport of soccer first."

Lawyer Hampton Dellinger

The women also said their challenge had made a difference.

Tatjana Haenni, FIFA's head of women's competitions, acknowledged last Friday in Philadelphia that some of the artificial surfaces at the tournament may have to be replaced.

"We know that Vancouver is an issue," Haenni said of BC Place Stadium, which will host the World Cup final, among other games.

Haenni also said that the women should focus their attention on the field, with the knowledge that a successful tournament would be good for women's soccer around the globe.

Dellinger, who like his fellow lawyers represented the women for free, pointed to other victories.

"The deplorable artificial surface at BC Place ... will be replaced," he said. "Goal-line technology will be used for the first time in a Women's World Cup and we know that the 2019 World Cup will be held on grass. Moreover, the players and their supporters have highlighted continuing gender inequity in sports and lessened the chance that such wrongdoing will occur in the future." THE CANADIAN PRESS

Doing it for the kids

From left, Gatineau Mayor Maxime Pedneaud-Jobin, Ottawa Senators president Cyril Leeder, the Ottawa Senators Foundation's Jonathan Bodden, and mascots Spartacat and Brigilou gather in Gilbert-Garneau Park, future site of the city's first Sens RINK (Recreational Investments in Neighbourhoods for Kids). The $250,000 design and construction of the rink, complete with dasher boards, fencing and nets, will be covered by the Ottawa Senators Foundation, and the city will build an adjacent community centre. The facility is the first of five planned for Gatineau. STEVE COLLINS/FOR METRO

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Ontario median income dips: Study

An analysis of Statistics Canada figures on median employment income shows workers across most of Ontario are becoming poorer, despite rising income levels across much of Canada.

The study by the Ottawa-based Broadbent Institute and provided to the Toronto Star found that Ontario's median income decreased by 1.7 percent between 2006 and 2012. All other provinces and territories except British Columbia saw median income rise during the same period. In Toronto, the median income dropped by 2.8 percent, to $32,670.

"It does suggest that living standards in Ontario are stagnating," said the Broadbent Institute's senior policy adviser, Andrew Jackson.

Employment income, rather than money earned from investments, pensions or benefits, makes up the biggest chunk of overall household earnings. The research looked at median rather than average employment income levels, since averages tend to be skewed by large income increases for the very rich.

Nationally, median incomes went up by 3.5 per cent. Newfoundland and Labrador was the best-performing province, with income growth of almost 38 per cent over the six years studied. Resource-rich provinces such as Saskatchewan and Alberta also saw significant gains.

In Ontario, though, the picture was much bleaker. Of 14 regions surveyed, only three — Ottawa, Kingston and Sudbury — saw incomes rise.

"In the recession of 2009, we saw very significant losses at better-paid-than-average manufacturing jobs, and a very limited recovery of those jobs since," Jackson said.

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Violinist Jessica Linnebach will be performing at the NAC Orchestra Casual Fridays show Jan. 30, featuring rock icon Sam Roberts as host.
LINNEBACH PHOTO: COURTESY NAC; SAM ROBERTS PHOTO: MALCOLM TAYLOR/GETTY IMAGES

NAC Orchestra rocks out with Sam Roberts

Concert. Former child prodigy-turned-celeb violinist Jessica Linnebach performs at Jan. 30 concert

LUCY SCHOLEY
lucy.scholey@metronews.ca

It may surprise some that Juno Award-winning rocker Sam Roberts is also a violinist.

And he's bringing the stringed instrument of his childhood to the National Arts Centre (NAC) stage on Jan. 30, but he won't be the star of the show.

In fact, he may have to fine-tune his violin skills if he's sharing the stage with celebrity violinist Jessica Linnebach at the NAC Orchestra's Casual Fridays show.

Roberts is hosting the show, which is new this season at the NAC. The idea behind Casual Fridays is that music lovers change out of their work duds into something informal and listen to the NAC Orchestra with cocktails and tapas in hand.

"It's a dream that we got him — that he agreed to come and host because he's so famous. He's a rock star," said Linnebach, who's also the associate concertmaster of the NAC.

The 31-year-old mom is the orchestral equivalent of a rock star.

When she was seven years old, she was already playing with the NAC Orchestra (according to a bio on maple-music.com, Roberts first played violin at four years old and took lessons until he was in his 20s). At age 10, she enrolled in the Curtis Institute of Music in Philadelphia and became the youngest student to graduate with a bachelor in music.

She was about 15 years old when she first performed Vivaldi's Four Seasons on stage. That's the solo show she will be performing at the Jan. 30 edition of Casual Fridays.

Will Roberts pick up the violin and play a duet? That's to be decided.

"He's bringing a violin, from what I know," she said, with a laugh.

At the very least, Linnebach says she's hoping Roberts' presence will pique the interest of his fans.

"This is the first time we've really had a rocker, so I'm curious about how different it will be," she said.

A Casual Fridays concert ticket starts at $25 and includes a glass of wine. An additional $20 will cover the NAC executive chef's tapas.

The mingling, nibbling and sipping start at 5 p.m. The concert starts at 7 p.m.

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Exhibit shows 'Beauty in the Middle' of war-torn Congo

Female strength.
Women activists' work to fight sexual violence, bring about peace captured in photos

Residents gather inside a makeshift sewing studio in the village of Mangango, on March 3, 2014. The sewing workshops to provide psychosocial and economic support in an area of North Kivu where sexual violence had been on the rise due to armed conflict between the Congolese forces and rebels. PETE MULLER

Nearly a decade after "Africa's world war" — a five-year battle that killed more than five million people in Democratic Republic of Congo — rape is still a weapon in the eastern part of the conflict-torn African country.

But a new photography exhibit highlights the beauty that endures, despite the violence.

"Beauty In the Middle: Women of Congo Speak Out" — opening at SAW Gallery — portrays the female activists, doctors, lawyers and journalists working to help survivors of sexual violence. Photographer Pete Muller — who shoots for Time Magazine and the New York Times — travelled to the Congo last year with the Nobel Women's Initiative for this project. Zuzia Danielski, the art curator, was part of that group.

"We kept hearing stories of immense suffering," she said. "Incredible testimonies of sexual violence, of rape, of women fighting for justice and struggling to get into peace negotiations and provide for their families … But within all of that was this thread that women were also peacemakers within their communities."

The exhibit starts with a series of cloaked women. They were among the roughly 50 victims called to testify in military tribunals against soldiers who raped them in the town of Fizi, South Kivu. Because they risked facing social stigma, they hid their identities.

Warrior women

"Women aren't victims. Women are survivors. They're activists and they're very much these powerhouse women who are making change despite all these obstacles within their community and within an entire country."

Zuzia Danielski, the art curator for the Beauty in the Middle exhibit.

The exhibit includes a section on female "powerhouses" in the community — including Neema Namadamu, a disability activist who also provides media literacy training to women.

The exact rape statistics in the Democratic Republic of Congo are unclear. A 2011 study in the American Journal of Public Health says more than 400,000 women were raped from 2006 to 2007. The United Nations' figures are more conservative: more than 3,600 people were victims of sexual violence from January 2010 to December 2013.

Still, when Danielski travelled there last year, she said she felt a sense of hope.

"Women aren't victims. Women are survivors," she said. "They're activists and they're very much these powerhouse women who are making change despite all these obstacles within their community and within an entire country."

A vernissage for the exhibit will be Jan. 22 from 5 p.m. to 7 p.m. It's also a fundraiser for the Congolese Women's Fund. Its founding director, Julienne Lusenge, will speak at the event. The show will be open until Feb. 6.

JEN TRAPLIN/METRO

Zuzia Danielski, art curator for 'Beauty in the Middle: Women of Congo Speak Out' at SAW Gallery, explains a photograph of a Congolese rape survivor with her son. The exhibit runs until Feb. 6. LUCY SCHOLEY/METRO

Vertigo vinyl reaching new heights

Vertigo Records, one of just a few record shops remaining in Ottawa, has been a Rideau Street staple for over ten years.

In 2003, current owner Darin Tomlin took over the space, formerly known as Spinables, a long-running shop that eventually relocated to Toronto.

"I'd wanted my own record store since I was about 16," Tomlin admits.

"I actually used to work for Spinables and, when the owner decided to move to Toronto, the opportunity presented itself for me to take over and start my own thing in the same spot. I jumped at the chance."

One year after taking ownership of the store, Tomlin expanded his business, offering turntables, Tshirts, accessories and other products. And, when indie record shop Record Runner, one of the city's main ticket outlets, closed its doors in 2006, Vertigo Records took over ticket sales. Now, Vertigo is one of the main hubs for concert and event tickets in the downtown core.

Over the years, Tomlin has seen a steady increase in sales, despite advancements in technology that often pull music lovers away from traditional methods of music listening.

That's not just a local trend — for the last few years, vinyl sales worldwide have been increasing year after year. According to Nielsen Soundscan, 9.2 million records were sold last year. That's an increase of 51.8 per cent. Tomlin has seen the effects of that first hand.

"Absolutely," he says. "Over the last four, five years, there has been a very noticeable increase in vinyl sales, as well as many new faces showing up at the shop."

Tomlin thinks, no matter what, vinyl will always be a hot item. "Vinyl is peaking right now and will probably start a downward slope in a couple of years, but it will never disappear." JEN TRAPLIN/METRO

Darin Tomlin is the owner of Vertigo Records on Rideau Street JEN TRAPLIN/METRO

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Health

Province now running Ottawa AIDS hotline

Toronto has taken over Ottawa's AIDS hotline.

Toronto Public Health is now running a provincewide free and anonymous phone service for counselling services and information on sex-related topics like HIV/AIDS, safe sex and birth control.

Khaled Salam, the executive director of the AIDS Committee of Ottawa, said the hotline is valuable and the "most important thing" is that it continues to exist at all.

The AIDS-Sexual Health Info Line number is 1-800-668-2437. LUCY SCHOLEY/METRO

On the web

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Bruyère

Researchers get $36.6M to study Canada's aging population

Bruyère Research Institute announced several of its researchers are involved in an "innovative new Network of Centres of Excellence program: AGE-WELL," which has been granted $36.6 million over five years from the federal government's Network Centres of Excellence program.

AGE-WELL, short for Aging Gracefully across Environments Using Technology for Wellness, Engagement, and Long Life, will develop solutions to some of the major challenges facing Canada's aging population, the institute said. LUCY SCHOLEY/METRO

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University of Ottawa students Kathleen Kemp, Tanveer Mostafa and Wendy Liang plan to use a $1,000 grant to start Ottawa Soccer Officials (OSO), a program which will certify homeless people as soccer referees.
STEVE COLLINS/FOR METRO

Plan will turn homeless into soccer referees

U of A. Grant of $1000 to be used for training those on the streets

STEVE COLLINS
ottawa@metronews.ca

Tanveer Mostafa and a friend were walking along the Rideau Canal one night when they encountered a man, apparently homeless and talking to himself.

"We realized he was contemplating committing suicide," the first year University of Ottawa student recalled. They gave the man a little money and a sympathetic ear.

"He was thankful for the fact that we even stopped to talk to him because normally people would just walk by him."

Now Mostafa and fellow student Wendy Liang have won a $1,000 grant from Awesome Ottawa, with which they plan to train homeless people as soccer referees. They'll work with Ottawa Street Soccer, a recreational program for the homeless.

The money will cover gym fees, cleats and other expenses for the 16-hour certification course, and life skills workshops.

"As a part of our financial literacy workshop, we plan to take these participants to a grocery store and teach them how to budget their groceries and how to eat healthy," Liang said.

Once participants qualify as refs, she said, they can earn $30 to $60 per game, depending on the league.

"We've been working with the Ottawa Street Soccer program now for a couple of months," said Kathleen Kemp, a fourth-year student and president of the university's chapter of Enactus.

"We found that getting the men and women off the streets to play soccer for a period of time is really beneficial and a great social thing for them to do, and we wanted to complement that with our program."

Quoted

"We found that getting the men and women off the streets to play soccer for a period of time is really beneficial and a great social thing for them to do, and we wanted to complement that with our program."
Student Kathleen Kemp

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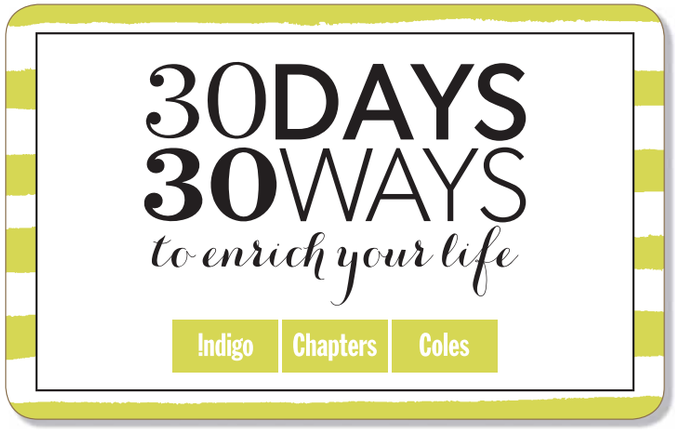

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Mounties will conduct review of interactions with shooter: RCMP

Mountie shootings.
Alberta officials hope to uncover whether anything could have been done to keep Rehn off the streets

An Alberta RCMP official says the Mounties will carry out their own review of their interactions with the man who shot two officers.

Assistant Commissioner Marlin Degrand says the force wants to know if there's anything it could have done to help keep Shawn Rehn off the streets.

"We're very concerned about the fact that an individual with his criminal history came into contact with our officers," Degrand said Wednesday at an RCMP news conference.

"And we are actually ... undertaking to unpack all of our interactions with this individual to see if there's anything ... that we could have done that could have helped to avoid him continue on this career path of being a criminal."

Const. David Wynn
RCMP/THE CANADIAN PRESS

Alberta's justice minister also ordered a review Wednesday into how the Crown handled the career criminal.

Jonathan Denis said the review will be done in addition to any fatality inquiry that may be called.

Rehn, 34, was found dead of an apparent suicide in a rural home not far from the casino.

Const. David Wynn, 42, died in hospital Wednesday from a head wound. He never regained consciousness after he was shot.

Auxiliary Const. Derek Bond, 49, faces a long recovery at home after being shot in the arm and torso.

RCMP Commissioner Bob Paulson, commenting on the shooting on Sunday, was one of the first to question why Rehn was still on the streets. He said he had never seen such a complex criminal record.

"The pain caused by this tragedy to the officers, their families and colleagues and the community as a whole is nothing short of profound," he said.

"The multiple agencies that are involved are asking a question: Could this incident have been prevented? That's a question that I ask as well."

Documents show Rehn was a violent criminal, in and out of jail, for crimes that stretched back to his teenage years.

Rehn's adult criminal record, made public this week by Alberta Justice, details a lengthy list of 57 convictions, starting in April 1999 when he was ordered jailed for two months for theft and breaking and entering.

Parole board documents show Rehn served two federal jail terms as an adult.

THE CANADIAN PRESS

RCMP Assistant Commissioner Marlin Degrand walks past a memorial for Const. David Wynn after speaking about his passing in Edmonton on Wednesday. Wynn suffered a gunshot wound to the head early Saturday morning and never recovered from his injuries. JASON FRANSON/THE CANADIAN PRESS

Swift Current, Sask.

Mountie arrested for drug trafficking

A Mountie based in southwestern Saskatchewan is facing drug-related charges.

The RCMP says the 31-year-old officer from Swift Current was arrested on Monday and charged with trafficking cocaine and ecstasy.

He is to appear in Swift Current court on Feb. 18.

Police say the charges were laid after an investigation by the Moose Jaw Police Service uncovered information about the alleged offences.

THE CANADIAN PRESS

Royal Bank of Canada

Ex-employees abet theft, says bank

Royal Bank of Canada is accusing two former employees who worked at a Vancouver branch of orchestrating a pair of robberies worth more than $200,000.

The bank has filed a civil suit in B.C. Supreme Court, alleging Jeffrey Ho Nam and Maradona Hoang Vu helped an accomplice steal more than $180,000 and $20,000 US from a vault.

A statement of claim says the first theft occurred on Dec. 30, 2013, and the second happened on Jan. 31, 2014. THE CANADIAN PRESS

Hidden in the cushions

Service dog sniffs out fugitive

Police in Vancouver nearly gave up their search for an Alberta fugitive until a service dog sniffed out the man's hiding place — inside a couch.

As Lupo began focusing on a couch in the living room of a home on the city's east side, officers, who had looked high and low for their suspect, lifted the rather heavy piece of furniture and removed the fabric from the bottom. Police say they discovered 36-year-old Adam Harlock nestled in a cavity of the couch.

THE CANADIAN PRESS

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Dentistry student penalized for Facebook 'like'

Dalhousie University. Man's lawyers surprised to discover why their client was suspended, question disciplinary process

A dentistry student who was part of a Facebook page that contained sexually violent content about female classmates was suspended largely because he clicked the "like'" button on one suggestive photograph, his lawyers said Wednesday.

Sarah MacIntosh said she was surprised to learn her client, Ryan Millet, was penalized for the action and his Facebook membership to a group linked to Dalhousie University's fourth-year dentistry class.

MacIntosh told a news conference that Dalhousie concluded Millet was guilty of "blatant unprofessionalism" and, as a result, suspended his clinic privileges earlier this month based on six specific posts.

Millet's lawyers learned of the posts at a four-hour disciplinary hearing Tuesday evening, adding the 29-year-old student had not seen two and was only active on one post.

"Clicking the 'like' button on that photo resulted in his indefinite suspension and has put his degree at Dalhousie and his career on the line," she said.

MacIntosh said the finding was based on his membership to a group in which others posted inappropriate comments.

"If that's the new standard — guilt by association is the new standard for a finding of unprofessionalism — I mean people should be looking at what movies they watched, what parties they might have been at where other people made other inappropriate comments last weekend."

MacIntosh said Millet agrees the posts were offensive.

Millet's legal team, including Bruce MacIntosh, took issue with the disciplinary process

Bruce MacIntosh alleged the university hasn't shared information about the case against Millet, has held closed-door sessions to decide his fate and didn't allow Tuesday's in-camera hearing to be recorded.

The lawyers said they want the school to start the process over with a retired judge or arbitrator to determine which of the 13 members of the Facebook group were guilty of professional misconduct.

A spokesman with the university did not respond to a request for an interview.

THE CANADIAN PRESS

Dog walker to be sentenced

Emma Paulsen, a dog walker who pleaded guilty to two charges after the deaths of six dogs in her care, arrives for sentencing at provincial court in Surrey, B.C., on Wednesday. The animals were reported stolen from Paulsen's truck while it was parked at a dog park last May. A search was launched by their owners and the community, but the dogs were found dead in a Fraser Valley ditch. DARRYL DYCK/THE CANADIAN PRESS

Travel. Pair used coat to cover sex act: Attendant

A flight attendant told the trial of a woman accused of committing an indecent act on a Toronto-to-Halifax flight that she and a man used a coat to cover their laps to fondle each other.

The trial for 25-year-old Alicia Elizabeth Lander got underway Wednesday at Dartmouth provincial court.

Lander has pleaded not guilty to committing indecent acts, assaulting a police officer, committing an act of mischief and causing a disturbance at the Halifax Stanfield International Airport last Jan. 24.

John Dunn, who was service director for Air Canada Flight 610, testified for the Crown that Lander had asked if she could change seats to sit with her friend after boarding the plane in Toronto.

Dunn testified that an hour into the flight, a passenger told him the people sitting in 14A and 14B were about to join the "mile-high club."

He said he approached Lander and the man and found them with a jacket over their laps but said he could tell what was happening underneath.

He said he asked Lander to get dressed and she eventually pulled up her pants, and went back to her original seat.

Jason George Chase, 39, was also charged in connection with the incident and pleaded guilty on Wednesday.

The RCMP was called and met Chase and Lander upon arrival in Halifax, with police testifying that Lander was disruptive and verbally abusive, and later caused $400 in damage to an interview room.

Lander will be called to the stand when the trial resumes March 3. THE CANADIAN PRESS

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Zambia. Election results postponed amid protests

Zambia's election commission on Wednesday postponed the announcement of partial results from a presidential vote after complaints from the opposition, whose supporters clashed with police outside the counting centre in the capital, Lusaka.

Officials will resume announcing results on Thursday morning, said Ireen Mambilima, head of the election commission.

Opposition leader and presidential candidate Hakainde Hichilema had noted that some polling stations stayed open Wednesday, a day after the election, and that announcing results while voting is still underway would undermine the process. Voting at the sites was extended by a day because of heavy rains that delayed delivery of voting equipment in some parts of the country.

Presidential candidate Hichilema Hakainde THE ASSOCIATED PRESS

Police at the counting centre in Lusaka fired tear gas to disperse some activists from Hichilema's group, the United Party for National Development, after they camped outside the building.

The election was held to replace President Michael Sata, who died in October after a long illness. THE ASSOCIATED PRESS

Indonesia. No foul play in AirAsia crash, officials say

Indonesia's top accident investigator said Wednesday that there are no indications of foul play in last month's crash of an AirAsia jetliner carrying 162 people.

AirAsia Flight 8501 plunged into the Java Sea on Dec. 28 shortly after the pilots asked to climb from 32,000 feet to 38,000 feet to avoid threatening clouds, but were denied permission because of heavy air traffic. No distress signal was received. The plane was en route from Surabaya, Indonesia's second-largest city, to Singapore.

National Transportation Safety Committee head Tatang Kurniadi said investigators have downloaded all of the data from the aircraft's cockpit voice recorder and flight data recorder and are analyzing them along with advisers from Airbus, the plane's manufacturer.

One of the committee's investigators, Nurcahyo Utomo, said Tuesday that no voices have been detected on the cockpit voice recorder other than those of the pilot and co-pilot, and no explosions were heard. THE ASSOCIATED PRESS

Quoted

"There is no sign of sabotage in the AirAsia crash."

Indonesia's National Transportation Safety Committee head Tatang Kurniadi

Ireland

Grandma guilty of possessing coke, for sale at bingo hall

Helen Heaphy's number came up at the bingo hall. The prize was a trip to court.

The 50-year-old grandmother pleaded guilty Wednesday to two counts of possessing cocaine for sale or supply after Irish police caught her with the narcotic outside a Cork bingo hall.

Cork District Court Judge Leo Malone accepted her lawyer's plea for clemency citing her family obligations and her possession of a relatively small amount of the drug worth 350 euros ($500).

Heaphy insisted she was holding the cocaine for an unspecified friend.

Malone fined Heaphy 750 euros ($1,100) but gave her no prison time, despite having two prior convictions for drugs possession and obstructing a police narcotics unit. THE ASSOCIATED PRESS

'Spinsters' defy Saudi traditions

Gender equality. A trend of women staying single into their 30s is unnerving the Mideast kingdom's ultraconservatives

Saudi women mingle at an art exhibit of seven Saudi female artists at the French Embassy in Riyadh, Saudi Arabia. Traditionally, women in Saudi Arabia are expected to be married by their early 20s. The increased number of single women over 30 has alarmed the country's clerics, who have responded by pushing for early marriage and preaching the evil consequences of "spinsterhood," such as sex outside wedlock. HASSAN AMMAR/THE ASSOCIATED PRESS FILE

Amna Fatani knows she wants a brilliant career and a life different from that of Saudi women of her mother's generation, who married early, usually to a husband they didn't choose.

Fatani, 27, studying for her master's degree at Georgetown University in Washington, is part of a growing number of Saudi women choosing to remain single through their 20s and into their 30s.

The trend has ruffled ultraconservatives, who see it as an affront to the very foundations of the kingdom, which operates under strict interpretations of Islam and rigid tribal codes in relation to women.

"My friends and I have reached a point (where) we're very specific about what we want," she said. "I need someone who trusts that if I need to do something, I can make the decision to ask for help or choose to do it alone."

Saudi laws dictate women cannot travel, study abroad, marry or undergo certain medical procedures without the permission of a male guardian — usually a father or husband, or in their absence, an older or even a younger brother.

The growing number of single women has alarmed clerics, who have responded by pushing for early marriage and warning of alleged evil consequences of "spinsterhood," such as sex outside wedlock.

During a 2005 sermon, the imam of Mecca's Grand Mosque, Abdul-Rahman As-Sudais, raised an early outcry against "the dangerous phenomenon of life-long spinsterhood," saying it endangers "the community as a whole."

Some Saudi media have joined the clerics in handwringing over — as one newspaper put it — "the army of spinsters." A Saudi writer for the Al-Sharq news website called the phenomenon a "cancer" in society, leading to vice. Popular Saudi talk show host Dawoud al-Shiryan dedicated an entire recent broadcast to discuss spinsterhood.

Traditionally, women in Saudi Arabia are expected to be married by their early 20s. In 2011, more than 1.5 million, or 45 per cent of Saudi women aged over 30 were single, according to the Economy and Planning Ministry.

While women's rights activists agree there's a rise in the numbers of single women, some question the government's figure, saying it supports the norm that men are allowed more than one wife.

Women have been taking on a greater role in public life, though their jobs are mostly in the education sector.

The Labour Ministry says there are more than 400,000 working women in Saudi Arabia, compared to less than 55,000 before 2009.

Women outnumber men in the kingdom's universities, and there are tens of thousands of women among the 150,000 Saudis studying abroad on government scholarships.

Education is also changing women's attitudes toward marriage and giving them more confidence, said Hatoon al-Fassi, a professor of women's history in Saudi Arabia.

"You can no longer control these attitudes," she says. THE ASSOCIATED PRESS

Online dating

Some Saudi women are also challenging the rules on how to meet a prospective husband as they navigate through tradition and customs.

Families are expected to arrange or at least approve marriages. Conservative families see the idea of a daughter looking for a match on her own as scandalous.

However, stories of secretive courtships away from parents' prying eyes abound in Saudi Arabia, pointing to a rebellious shift among the younger generation. Not surprisingly, even online dating is making waves.

Saudi blogger and women's rights advocate Tamador Alyami says tradition is being outpaced by the Internet's potential for match-making. Private chat rooms and social media have given Saudis a space to pursue relationships on their own terms.

Tamador Alyami THE ASSOCIATED PRESS

Alyami said women are asserting their greater independence. "They don't just want their mothers to meet with their (prospective) husbands' mothers and, you know, make all of the arrangements on their behalf." THE ASSOCIATED PRESS

The rate cut is expected to lead to decreased mortgage rates, which could boost sales and prices of homes in Canada. However, economists fear it may also spur Canadians, who have been criticized previously for holding record levels of debt, to borrow more money. TORSTAR NEWS SERVICE FILE

Mortgage rates to dip: Experts

Debt. Bank's policy change could spur debt-burdened Canadians to borrow even more money

Canadian homeowners have likely gained a reprieve from an expected increase in mortgage rates this year.

Economists expect rates to dip slightly in response to the Bank of Canada's surprise move Wednesday to cut its trend-setting interest rate to 0.75 per cent, from one per cent, to soften the blow of dropping oil prices on the Canadian economy.

"This signals that low interest rates will be with us a while longer," said Avery Shenfeld, chief economist at CIBC World Markets, noting the central bank's rate cut will likely mean a corresponding 0.25 drop in variable, or floating, mortgage rates.

Fixed-rate mortgages are also likely to see a slight decline, as they follow bond yields, which will move lower in response to the rate cut.

However, TD Bank was quick to announce Wednesday that it will maintain its prime interest rate at three per cent, noting that factors beyond the central bank influence its rates.

"Not only do we operate in a competitive environment, but our prime rate is influenced by the broader economic environment, and its impact on credit," the bank said in a statement.

Although cheaper mortgage rates are likely to buoy real estate markets in Central and Atlantic Canada, TD economist Craig Alexander says the impact of oil prices will trump interest rates in Western Canada.

However, the rate cut may also spur Canadians, who have been criticized previously by the Bank of Canada for holding record levels of debt, to borrow more money.

"I think in the Bank of Canada's eyes right now, it's a lesser of two evils," Shenfeld said. They've shown discomfort with the amount of borrowing Canadians have done, but the economy right now can't afford to shut the tap off on that if we're not getting the lift to growth from the energy sector."

THE CANADIAN PRESS

Internet. 4chan founder says he's stepping aside

The American founder of the popular, if at times notorious, online message board 4chan is retiring as its administrator.

Christopher Poole launched the site in 2003 when he was 15 years old. 4chan lets users post messages and photos anonymously. Since its launch, 1.7 billion posts have been published on 4chan. It has more than 1.2 million daily visitors, Poole said.

Poole, known on the site as "Moot," said in a post on 4chan's news blog that a team of volunteers will take on his responsibilities. He said running the site on his own has been challenging and 4chan will continue without him and that he will take time away to decompress.

THE ASSOCIATED PRESS

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Chocolate

Cadbury Creme Egg recipe to stay same in Canada

Chocolate lovers are crying fowl over word that the recipe for the iconic Cadbury Creme Egg is being changed in the U.K.

But Canadian Cadbury fans need not worry: a spokeswoman at the Mondelez Canada office said the Canadian recipe won't be affected.

ISTOCK PHOTO

Creme egg aficionados began protesting on social media when global snacks company Mondelez International announced that this year's batch for the U.K. will be made with "standard cocoa mix chocolate" instead of Dairy Milk chocolate.

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VOICES

TOUGHER THAN A MUDDER

While events like Tough Mudder sell pain and injury in a fetishized, almost satiric way, the lived experience of the mud runs go far deeper than mere masculine showmanship

EMINA GAMULIN
readers@metronews.ca

Tough Mudder events are rife with militaristic metaphors, amongst others. GETTY IMAGES

Electroshock Therapy, Ring of Fire, Arctic Enema: These sound more like incidents that might have been redacted from the Senate Torture Report than recreational activities taken up on a volunteer basis, but for Tough Mudder participants, that's kind of the point, in both prosaic and profound ways.

With challenges like crawling under barbed wire, running up and down hills for kilometres and swimming completely submerged in ice water, organizers for the already-grueling obstacle course announced recently that they are upping the ante this year by adding a tear gas component.

Margaret MacNeill, a professor who studies the social and cultural aspects of sports and activity through the University of Toronto, says Tough Mudder getting even tougher is a pushback against a risk-averse safety culture that has crept into the rest of our recreational activities.

"Events like Tough Mudder have become popular in a culture where sports are one of the last bastions of masculinity," she says. "I suspect the lack of hesitation to entering — when most adults likely anticipate pain, agonizing eye irritation and potential injury while blinded — has lots to do with masculinity in risk sports and/or using these events to prove 'rugged individualism,' regardless of gender."

She says we can see this when we look at the public debate surrounding hockey concussions. "In the past it was this unfettered culture of risk: You know, kids can take it; boys can take it harder," she says. "Now what we see is that, as people worry about all the long-term health issues, hockey is being renegotiated into a culture of precaution."

Gavin Weedon, a PhD candidate at the University of British Columbia whose research looks at mud running events like Tough Mudder as part of a renaissance of physical culture, agrees Mudder taps into the desire for risk and masculine bravado, but says the practice can also act on a far more profound level. "One of my most interesting findings is that these events act as material infrastructures, and potent metaphor, through which some people confront and overcome physical and emotional traumas sustained beyond the confines of the course."

In other words, perhaps the reason it sounds like torture is because on a personal level, by forcing participants to confront and relive pain in their lives, it can seem close to it. Weedon stays away from the torture metaphor but says many participants have described the practice in therapeutic terms.

"A friend of mine injured her back in a car accident and chronicled her recovery through training for, and participating in, Tough Mudder, alongside friends and family. These aren't the most common stories, perhaps, but they are among the most intriguing."

While Tough Mudder promotes a 'tough guy' image, this isn't necessarily the intended audience. Weedon says the run aims to reach "urban white-collar professionals and young people, especially men, with disposable income and recreational time to do something like this." While all types might show up to events, "white men are consistently well represented."

It is significant then, that the intermingling of growth and pain offered by Mudder and aimed directly at men has no shortage of decidedly feminine metaphors: One event is called Birth Canal, while the tear gas portion, touted as the toughest obstacle yet, has been given the name Cry Baby. And a mudder, of course, is a mother.

Many people also describe these events in torturous terms, but unlike actual torture, it is something people take on voluntarily and comes with great reward, much like childbirth.

And there is no mudder tougher than that.

WHY I'LL NEVER DO A MUD RACE

KRISTEN THOMPSON
readers@metronews.ca

"Hell, no." This is my reaction every time someone says, "You should do Tough Mudder with us next year." No, no, no. Thank you, but no.

I don't hate exercise. I'll join the sweat-your-face-off-then-swoon-in-the-locker-room class at the gym, or run home from work to save the transit fare. I don't balk at pain. I gritted my teeth through days of labour.

But I draw the line at the gruelling army boot camp that is Tough Mudder, because from what I can tell, it's five hours of torture, followed by a flash of joy at the end. The hell-to-joy ratio just doesn't entice me.

I understand that people are driven to test their physical and psychological limits; to be able to boast, "I know what it feels like to get slapped in the face with an electric tendril, go down like a felled tree, then get up and keep going."

But no matter how euphoric it is to cross the finish line arm-in-arm with your battered, bruised and muddy compatriots, I'll still pass. I'll pass on the ice bath, the cleats in the face, the 17 lung-bursting kilometres running up and down a ski hill.

I have no burning need to see if I can tolerate tear gas, shimmy through a slimy narrow tunnel, or run across kerosene-soaked flaming straw. I have no interest in proving I can do these things because, frankly, they sound horrible (and vaguely dangerous). And I don't thrill at doing horrible (and vaguely dangerous) things for fun on a Saturday. So this year, like last, I'll cheer my loved ones from the sidelines (or home, depending on the weather). I'll apply Tiger balm to my husband's destroyed muscles and marvel at his strength and endurance. And I will regret nothing.

BONDING OVER BRAVADO

JESSICA SMITH CROSS
readers@metronews.ca

I signed up for the Tough Mudder last summer because I like pushing myself: Doing something difficult requires a singular focus that my normal busy, multitasking day lacks.

Plus there's the pride thing. "This looks hard, Jess, do you think you can do it?" I ask me. "Ya damn right I can," I answer.

There was also this editor who has an enthusiasm for insane physical feats that is impossible to deny. He helped organize a group of colleagues, of varying levels of fitness, to do it together and agree to stick together, so no one would be left behind. So, it turned out that the Tough Mudder wasn't really about me, or my limits. It was a group bonding thing.

In a big office, you don't really know the people who work in a different department, on a different floor, but after they work together to boost your butt over a mud slicked wall, you do.

When a colleague, friend or stranger on the course sees you at your worst — cold and tired beyond pride, mud-covered, out of breath, falling down, crying — and helps you with dignity, it's hard not to like them. On the Mudder course, there's always another obstacle, and you'll turn around and offer them a hand.

So if it sounds like a good idea know this: Yes, the electric shock thing hurts like hell. The ice bath, not so bad. The obstacles are mostly fun, it's the hills that kill you. As for the tear gas, I don't know. Maybe I'll find out.

And, those psychological studies that show pain promotes bonding — the sort of togetherness soldiers experience in basic training?

They're not wrong.

metro

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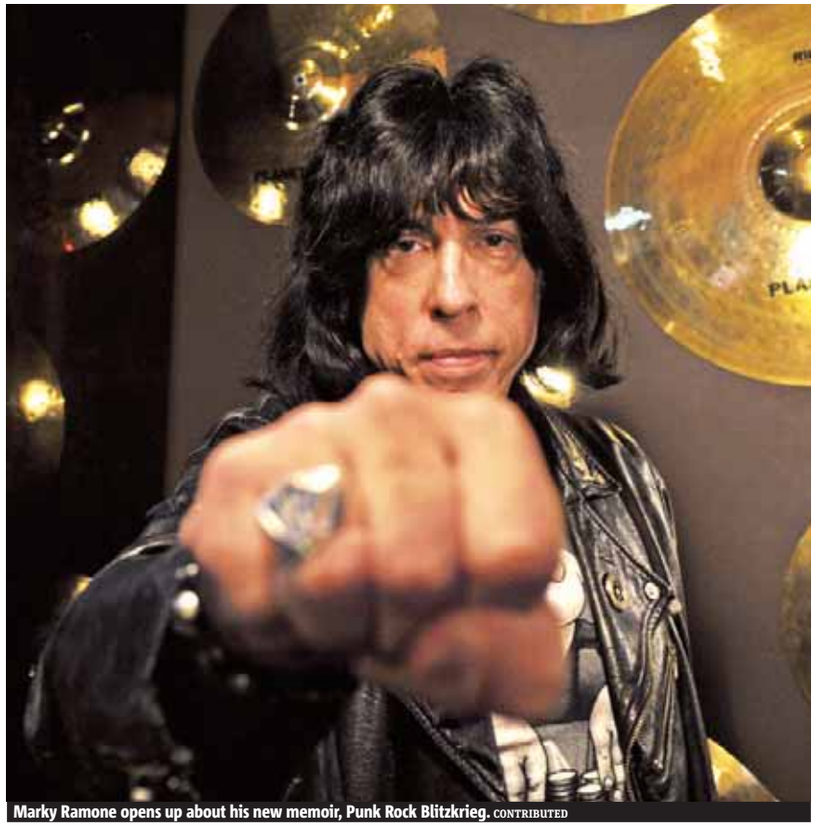
The Road to Ruin and back

Memoir. Marky Ramone chronicles his wild life drumming for the seminal punk band from New York

MARIANNE HAYES
Metro World News in New York



Marky Ramone opens up about his new memoir, Punk Rock Blitzkrieg. CONTRIBUTED

Drummer Marky Ramone may not have been a founding member of the Ramones, but his impact on the band's legacy — and the punk movement as a whole — is hard to deny. Even so, some critics still dismiss him for not being an "original" member of the iconic band.

"Being in the Ramones for 15 years and 1,700 shows, I felt it was time to tell my story," says Marky (whose real name is Marc Bell).

For Bell, that story is being told in a new memoir aptly titled, Punk Rock Blitzkrieg: My Life as a Ramone. Bell admittedly pulls no punches in the book, which he wrote with author Rich Herschlag.

"It is the most comprehensive book out there about the band," says Bell.

Readers can expect a fly-on-the-wall take of what it was like to be alongside the Ramones during the height of the cult phenomenon known as punk rock. The book covers everything from hanging out with other punk luminaries at the legendary CBGBs, to observing the famously tense relationship between Joey and Johnny Ramone.

"The book reads a little like fiction and a little like a travel log," says Herschlag, who compares the feel of the memoir to Jack Kerouac's On the Road. "We wanted to make people feel like they were there."

According to Herschlag, the book provides a more intimate snapshot of the band. For example, the fact that Joey Ramone had obsessive-compulsive disorder is no secret. But few know the extent to which his OCD affected the band as a whole. Herschlag recalls one story from the book where Bell talks about Joey's compulsive need to tap things.

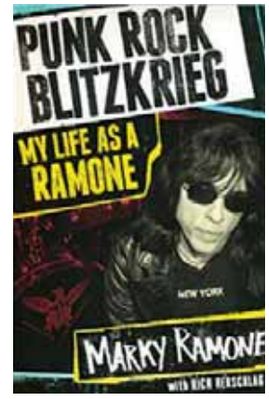
"After their 1980 album End of the Century, they flew to England, and (Joey) wouldn't get off the plane because he wanted to fly back to tap something in New York," says Herschlag.

Other times, the band would be late for gigs because of Joey's need to run across the street to tap a curb. According to Herschlag, this only fueled the palpable tension between Johnny and Joey.

Personal rivalries aside, the book also takes a hard look at Bell's battle with alcoholism, which ultimately led to his departure from the band for four years during the '80s. Herschlag says that Bell's journey to sobriety was a powerful one.

Herschlag's personal connection to the Ramones is a unique story in itself. Growing up in Forest Hills, Queens in the 1970s, Herschlag was coincidentally raised in the same building as a construction worker-slash-musician named John Cummings (aka Johnny Ramone).

"At the time, I was like 10 years old and throwing water balloons off the roof," says Herschlag, who remembers leather-clad band members frequently coming in and out of Johnny's apartment. "It became known, even before they released an album, that there was this rock band in our building."



The fact that Herschlag landed a gig co-writing Marky Ramone's memoir decades later was completely serendipitous. Either way, he's thrilled to be bringing Bell's stories to life. There are even talks of an in-the-works reality show that would document what the aging punk rocker's everyday life is like these days.

After disbanding in 1996, the Ramones were later inducted into the Rock and Roll Hall of Fame in 2002. The punk pioneers also received a Grammy Lifetime Achievement Award in 2011. Today Bell serves as a global ambassador for punk rock with his band, Marky Ramone's Blitzkrieg. The group travels everywhere from Russia to Vietnam playing Ramones songs to a new generation of loyal fans.

"I'm the last link to the last four (Ramones)," says Bell. "My aim is to continue to play the music live because I feel the songs are too good not to be played."

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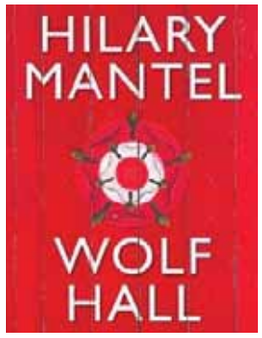
Homeland star heads home to become king

Book to TV. After his award-winning role as Brody, Damian Lewis will play Henry VIII in Hilary Mantel's six-part Wolf Hall series on PBS



Damian Lewis says Henry VIII was more complex than the philandering Elvis character most people know. CONTRIBUTED

For some Homeland fans, it will be hard to imagine treasonous sleeper agent Nicholas Brody as King Henry VIII in Wolf Hall on PBS.

Heck, most fans likely don't know that the all-American marine portrayed so ably by Damian Lewis is actually British. Lewis, along with his perfect American accent, was convincing enough in his portrayal of the tough, conflicted character to win both an Emmy and a Golden Globe. Now he gets to play the most quintessential of British monarchs.

"Henry as a brand is right up there with Coca-Cola," says Lewis at the Television Critics Association conference.

"The scholarship in the book is absolutely true and accurate. And it's a reimagined world in which she (author Hilary Mantel) just gets in behind closed doors with these characters. I think Henry is a capricious, mercurial man and a man who I hope, in this rendering of him, isn't simply the syphilitic, philandering Elvis that people have tended to think he is. Actually, he was a more complex man than that."

The six-part series, which starts April 5, is based on Mantel's Wolf Hall, the Man Booker Prize-winning historical novel set in 1520 that charts the rise of Thomas Cromwell to power during the reign of Henry VIII.

Cromwell, born to a working-class family, would become the most powerful adviser to the king during a turbulent era that included the Protestant reformation.

Lewis did some research for the role and discovered that the king was rather vain, including the fact that he liked to show off his calves.

"They basically put me in leggings, so I don't get to show them off that much," joked Lewis. "But Henry was a man who actually sought out and pursued romantic love. He wanted the normalizing experience of courtship. He liked to write love poems, sonnets. He wanted a woman that he could fall in love with and would fall in love with him. It was a normalizing experience that he sought."

The Masterpiece Theatre series has an all-star team, including veteran theatre and Tony Award-winner Mark Rylance playing Cromwell and director Peter Kosminsky, who directed Ralph Fiennes in Wuthering Heights.

"Peter shoots it in such a beautiful, unfussy, unpresentational way, it's very immediate," says Lewis. "So the camera is very still. Rather than just hard cuts and music scores, which is a sort of macho, quick, you know, muscular way of moving through a film, the film has an incredible sensuality to it.

"You just start to hear people breathing, and you get the rustle of the clothing, and you start to smell the room and feel the candlelight. And that was something that struck me when I watched it. It was a pleasurable experience."

TORSTAR NEWS SERVICE

Comic film. Violent, amoral Deadpool movie to be shot in Vancouver

On standby for several years, the Marvel adaptation of Deadpool is finally picking up speed, in large part thanks to the insistence of fans and the recent box-office success of superhero movies overall.

The odds were against a Deadpool movie from the start.

Violent, amoral and mentally unstable, the character from the eponymous Marvel comic isn't exactly an easy sell in Hollywood.

Nonetheless, a slightly whitewashed version of the superhero appeared in X-Men Origins: Wolverine, played by Ryan Reynolds.

After a Deadpool test video leaked to the Internet last summer, some stakeholders indicated that the film was indeed in development.

In September, Fox confirmed the rumours and even set a U.S. release date of Feb. 12, 2016.

Visual effects specialist Tim Miller is to helm the feature, and Reynolds is set to reprise his role as the rogue mercenary, who wears a red and black suit to hide his burn scars.

Now, several sources report that Deadpool will begin shooting in late March in Reynolds' hometown of Vancouver.

Although Reynolds is the only cast member officially confirmed, the website screenrant.com cites rumours that T.J. Miller (Transformers: Age of Extinction) and Ed Skrein (Game of Thrones) may also be involved.

AFP

Book release

Polish fantasy The Witcher lands English book deal

The Sword of Destiny, a short-story collection from Andrzej Sapkowski's The Witcher franchise, will be published in English on May 21.

British-based publisher Gollancz timed the book to coincide with the release of The Witcher 3: Wild Hunt, the highly anticipated next entry in the popular role-playing video game franchise from Polish developer CD Projekt RED.

Sword of Destiny acts as a scene-setter for the Witcher Saga, introducing Sapkowski's fantasy world and the character of Ciri, who becomes increasingly significant and will retain her prominence in The Witcher 3, as well as the titular Geralt of Rivia, a monster hunter, magic-wielding Witcher.

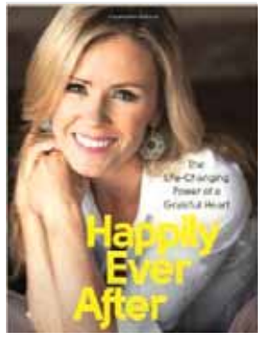
Sapkowski's work has seen him win the European Science Fiction Society awards twice over, while another Witcher novel, Blood of Elves, won a David Gemmell Legend Award.

AFP

The original Bachelorette shares her secrets for love

Self help. Trista Sutter's reality TV success has a lot to do with her outlook

EMILY LAURENCE
Metro in New York City



It's been over a decade since Trista Sutter met and fell in love with her now-husband, firefighter Ryan Sutter, on the first season of The Bachelorette. As one of the few people who found lasting love through reality TV, people are constantly asking her what her secret is. Sutter released the book Happily Ever After: The Life-Changing Power of a Grateful Heart (now out in paperback). Here are a few of her tips:

Appreciate the little things

"People think I have a fairy-tale life because of how I met my husband, our wedding and things like that. But it's really about the little things," Sutter tells us. She says that when she was in college, she started keeping a gratitude journal, listing five things she was thankful for each day, a practice she still continues. "It got me into the mentality of thinking of what I'm grateful for, not just having a husband and having a family, but being able to take a breath or the ability to move, see and hear," she says.

Spread social media goodness

Piggybacking off her gratitude journal idea, Sutter started posting her favourite part of the day on her social media channels five years ago, a nightly ritual she's still doing. "I've noticed a lot of other people taking on that (practice), too," Sutter says. Posting it online means you hold yourself accountable so you don't slack off and stop doing it; if you do, your followers will notice.

Outwardly express gratitude

Sutter says another key to personal happiness is actively saying thank you to the people around you for things they do that are often taken for granted. Recently, she teamed up with CoffeeMate to surprise night shift workers with coffee and she says doing something nice for others in turn made her feel good. "They were just so thankful for being recognized. ... (My husband) Ryan is a nightshift worker, so I know all too well what they sacrifice. Being able to sit down with the people we visited and have a conversation and be able to thank them was such a fun gift," she says.

Brush off the haters

Of course being a Bachelor and Bachelorette alum means Sutter still encounters haters. "Even today, I posted something and someone said a really mean comment like, 'Let's just call it what it is, The Sluterette.' Seriously? The show has been on the air for how long and how old are we? Just give me a break." But while the negativity is tough to ignore, Sutter is still proud of her time on the show. "I'm so grateful for it," she says. "I was truly there to meet Ryan and fall in love."

Trista Sutter says one of the keys to her happiness is thanking people around her for things that are often taken for granted. GETTY IMAGES

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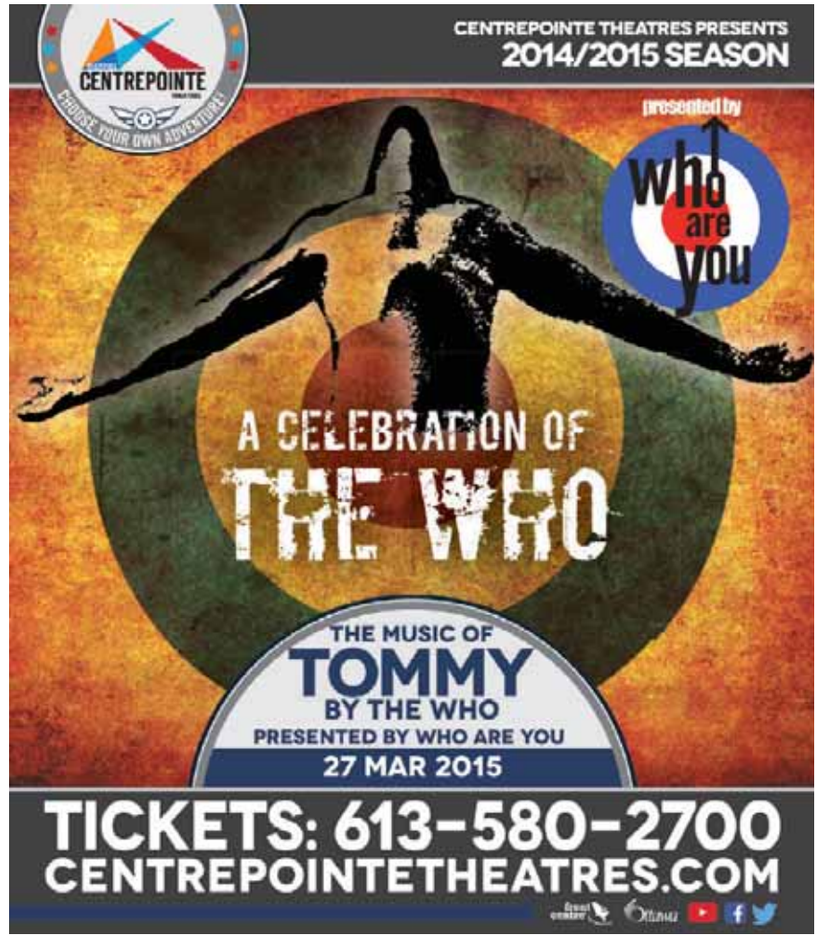


Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Justin Bieber ALL PHOTOS GETTY IMAGES

Won't roasting Justin Bieber just be a typical day for him?

When Comedy Central took over roasting duties from the Friars Club, it kept the original spirit of lampooning legends toward the end of their careers. Well, they're putting that tradition behind them with the announced roast of: Justin Bieber. Hoo boy.

"Justin has been asking us for a few years to roast him, and we just kept telling him to go create more source material first. We're thrilled he listened," says Comedy Central exec Kent Alterman.

Of course, maybe they were just waiting until he could (legally) get liquored up for the televised takedown, as the roast will take place shortly after his 21st birthday.

But this all begs the question: Isn't roasting Bieber redundant, considering any and all coverage of him over the past few years?

Jenner drops home school for her career

Apparently, one of the perks of being home-schooled is you can just up and quit it without the local government getting persnickety.

That's exactly what Kylie Jenner, the youngest and most vulnerable of the Jenner-Kardashian brood, did, insisting that getting an education was too much of a distraction.

"Kylie quit home-schooling a few months ago. She told her mom it was getting 'in the way' of her career, and that she wanted to focus her energies on building her personal brand and making money," a source tells Life & Style of the 17-year-old.

And apparently mom and manager Kris Jenner "gave in," which makes sense since she's totally into the whole "building a personal brand and making money" thing.

Kris, in fact, "feels the girls are smart and savvy and they don't need a piece of paper to show that."

Well, as long as she's feeling it, who are we to judge?

Kylie Jenner

Don't tell Kim Jong-un: The Interview is on Netflix

Well, that was fast. If your biggest complaint about The Interview coming to VOD right away at Christmas was you didn't want to pay to watch it in your home, you're in luck — as long as you're a Netflix subscriber.

The controversial film that nearly destroyed Sony is coming to the streaming service this weekend. The film has raked in more than $40 million in digital sales in the past month plus $6 million from its very limited theatrical run. That pushes its gross return past its $44-million production budget, but just barely.

James Franco and Seth Rogen in The Interview

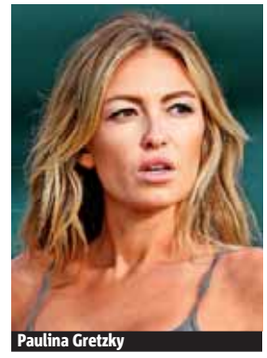
The Great One is a grandpa as Paulina and her fiancé welcome a baby boy

Paulina Gretzky gave birth to a son on Monday. Her fiancé, PGA golfer Dustin Johnson, released a statement saying, "Paulina and I are happy to announce the arrival of our baby boy, who was born in Los Angeles on Monday morning. Both Paulina and the baby are healthy, resting comfortably and in great spirits! We sincerely appreciate the outpouring of love and support we have received and plan to release further details in the coming days!"

No word on the name, but perhaps that's part of the "further details."

The pregnancy was announced in September.

TORSTAR NEWS SERVICE



Paulina Gretzky

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The fashion show must go on

Style. Canadian Fashion Police panellist Brad Goreski dishes on style, the stars and his newest TV gig

Long before he was dressing celebrities for the red carpet, Canadian stylist Brad Goreski credits his trail-blazing homegrown series Fashion Television and host Jeanne Beker for helping nurture his budding interest in style.

"When I was a kid watching TV every Sunday night, my dad would kind of cringe when he heard the theme song of Fashion TV come on, but I watched it religiously," recalled Goreski of the now-defunct series which aired for 27 years.

"She was really my window into the world of fashion. I learned so much from her and for her dedication to reporting the latest in fashion, getting right to the designer, asking them the important questions. That was really the beginning."

The Port Perry, Ont., native said his family was also a key source of support, as he recalled wearing "crazy outfits" to school and being obsessed with fashion magazines.

"Growing up in a small town and encouraged to be who I was and to really cultivate those skills and not try to shut them down has led me to be able to do the things that I've become very successful at — and that, to me, is such a gift," said Goreski.

Goreski has styled notable leading ladies including Jessica Alba, Noomi Rapace, Christina Ricci and Demi Moore. At the recent Golden Globes, he styled Downton Abbey star and best supporting actress winner Joanne Froggatt in a strapless, embellished Marchesa gown, and also dressed actress Jenna Dewan Tatum (wife of Foxcatcher star Channing Tatum) in a buttery yellow Carolina Herrera creation.

The Los Angeles-based Goreski is now adding fashion critique to his repertoire, dishing on and dissecting celebrity style as the newest panellist on Fashion Police, which airs Mondays at 9 p.m. ET on E!. Goreski and new show host Kathy Griffin join series vets Kelly Osbourne and Giuliana Rancic on the four-member panel.

A recent episode devoted to assessing styles from the Golden Globe Awards was the first since the death of host Joan Rivers last September at age 81 following complications from surgery.

Goreski said this season will feature 17 episodes and will mostly be built around red-carpet events like the upcoming Screen Actors Guild Awards, Grammys and Oscars. He said they also plan to bring back past segments that fans love in addition to introducing new ones into the mix.

"The heart of the show and the legacy Joan put in place is still there. We want to honour that, but we also want to bring a fresh perspective," said Goreski.

"The show must go on, and I think that people can still expect very honest commentary and critique of what's happening on the red carpet. Lots of laughs."

THE CANADIAN PRESS

One stylish set

A little Goreski goes a long way

Goreski says he sees Fashion Police as a prime opportunity to combine his expertise as a stylist and knowledge acquired over years in fashion with his love of entertainment. He also seeks to share insight with viewers about why he sees a particular look as a hit or miss.

"I know how much work goes into getting a celebrity ready for the red carpet, and so I never really want to come off as being hypercritical ... just saying: 'The look doesn't look great.' ...

"That's what I hope I can bring every week: lots of humour and lots of fun, but also maybe help people see things and actually develop a critical eye as opposed to just saying: 'Oh, I thought she looked terrible.'"

Quoted

"The heart of the show and the legacy Joan put in place is still there. We want to honour that, but we also want to bring a fresh perspective."

Brad Goreski on the late Joan Rivers

Canadian street style

Name: Bianca

Age: 22

Occupation: Co-founder/ designer at Kastor & Pollux

What she's wearing
Joe fresh hat, H&M sweater, Le Chateau coat, Forever 21 skirt, Miista boots.

Her inspiration
"My inspiration comes from everything going on around me!"

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Trends Report

A lash glue with natural ingredients

Finding cosmetics that are both natural and safe is a difficult task, and Emily Lyons can attest to that. The Toronto-based owner of a media agency says she often hears models complaining of swollen eyes and eye lids, and was disgusted to discover the lash glue they were using contained the chemical formaldehyde.

"A lot of the ingredients in these glues are actual confirmed carcinogens that are being applied to your eye," she says.

Being a proponent of healthy living, Lyons and a friend in the modeling industry searched for better lash glue on the market but were left disappointed. She eventually found a team of chemists who were willing to take on the challenge to help her, and after a year of research and development, True Glue was completed.

The Canadian-made adhesive was launched in December 2014, and can be purchased online at true-glue.com at a cost of $9.99 for a small tube, $14.99 for a medium tube and $24.99 for a large tube.

FOLLOW TRENDS REPORT COLUMNIST IRENE KUAN ON TWITTER: @METROIRENEK AND ON INSTAGRAM: @KUANIRENE

PATRIOTIC PARKAS

It's only fitting that we should make it through a Canadian winter by bundling up in Canadian-designed coats. And plenty of homegrown parka-makers are here to help us out

MELISSA DUNNE
for Metro

Parkas made in the Great White North are currently hotter than a fresh cup of joe from Tim Hortons.

On a bone-chilling afternoon a line of cars waits to park at high-end lifestyle retailer Sporting Life. Inside, most shoppers make a beeline for the racks of Canada Goose parkas. Rival made-in-Canada brands like Moose Knuckles also attract interest. Many customers will eventually get in line to shell out hundreds (and sometimes north of $1,000) for a down-filled coat.

Despite the hefty price tags everyone from students to seniors has bought in.

So have retailers. At Sporting Life, Canada Goose products are always front-and-centre at its midtown Toronto store, even in the middle of July. The Ontario chain has recently grown and is set to expand west to Calgary next year.

Canada Goose, which started in 1957, has taken celebrating Canadian connections to new heights. Our country is in its name and a map of the Arctic is on its logo. The brand may have finally hit peak Canadian earlier this season when it teamed up for a second time with Drake for a capsule collection.

Branding parkas as symbols of Canadiana chic has paid off. Canada Goose has opened a new 96,000-square-foot factory in Toronto, doubling its previous production capacity, and it expanded its Winnipeg facility last fall.

"In terms of cold weather apparel, we are a world leader," says Marilyn McNeil-Morin, chair of the School of Fashion Studies at George Brown College.

We Canucks are known for knowing how to stay warm in cold climates. Centuries before Canada Goose hit it big, Canadian companies such as Hudson's Bay Company were famous for selling furs, McNeil-Morin points out.

These days most of the winter gear we buy, from toques to coats to boots, is made somewhere else. Buying parkas actually still made in our home and native land is an easy way to show others the depth of our true patriot love.

"We like supporting local jobs and our manufacturing economy," adds McNeil-Morin.

The fashion expert also notes that the quality of coats made here is usually higher than those made overseas.

We are clearly buying the Buy Canada message.

You can't hit the ice rink or the coffee shop without seeing a sea of red-and-white logos. The ubiquity has bred a backlash. Activists have called the parka-makers that use real fur and feathers "cruel." And some of us would rather shiver than wear what everyone else is wearing.

Upstarts have cropped up for the hipster set looking for a homegrown alternative. More subtle brands like OSC Cross have obviously taken a few pages from the Canada Goose patriotic playbook. OSC has named many of its coats after some of our cities and towns, such as the St. John's coat.

Parkas made at home are now both "cool and practical," says McNeil-Morin. What could be more Canadian than that, eh?

Made for Antarctica

-30C+

Canada Goose's Expedition parka was originally developed for scientists working in research facilities at McMurdo station in Antarctica. It is field tested for the coldest places on Earth, according to its website.

6 other games in town

Johnny Yiu

Johnny Yiu started in 2004. Its parkas are made in Toronto. The women's Adalyn parka is $880 and is filled with goose down. At select retailers and johnnyyiu.com.

OSC Cross

OSC Cross grew out of the Outdoor Survival Canada brand in 2012. Its parkas are made in Toronto. The men's St. John's parka is $670 and contains goose and duck down. At select retailers and osccross.com.

Quartz Nature

Quartz Nature started in 1997. Its parkas are made in Saint-Hyacinthe, Que. The women's Éliane parka is $699 and is filled with Canadian down. Find retailers or buy online at quartznature.com.

Cold Manufactured (CMFR)

CMFR started in 2010. Its parkas are made in Winnipeg. The men's Gormley parka is $795 and filled with white duck. At select Sporting Life stores. Find other retailers at cmfrcanada.com.

The Wild North

The Wild North started in 2014. Its parkas are made in Oakville, Ont. The women's Lila parka is $900 and made mainly of wool and filled with down. At Deluxe Boutique in Toronto and thewildnorthapparel.com.

Moose Knuckles

Moose Knuckles started in 2007. Its parkas are made in Winnipeg. The women's Stirling parka is $795 and contains down insulation. At select Sporting Life stores. Find other retailers at mooseknucklescanada.com.

Genevieve Gorder hit the real estate jackpot. After a decade in her New York City apartment, the HGTV host, who had outgrown the space, found out the unit next door was on the market. "It's the New York dream," exclaims Gorder, who bought the neighbouring apartment and spent 18 months combining the two spaces to create the perfect home for her and daughter, Bebelle. "The chapters of your life keep evolving and our home so rarely catches up to where we are," explains the interior designer. "It had been almost eight years since I renovated so it was time on many levels. I had had a child since I had renovated, I had a marriage, I had a divorce, I've had different jobs. I just wasn't the same woman that I was from when I first renovated." For those of us that don't have a blank slate, but still want to freshen things up for 2015, Gorder offers these tips

TINA CHADHA
Metro in New York City

Fresh ideas to wake up your decor

Attack your shelves

"This is the perfect time to do a big purge," stresses Gorder. "We tend to collect and the collections become weighty and they become almost an energy suck to a lot of spaces, from your bookshelves to your closet."

Her suggestion: Attack your bookshelves. "This is where you house, basically, what I think is the trophy case of your life," says the expert.

Once you've passed on some of those old books — Lonely Planet guides, we're looking at you — start reconfiguring your collection.

"Bring in new photography. Work with vertical and horizontal lines, so stack books on their ends and on their backs," says Gorder. Use them as surfaces to add objects like a little vase or a picture frame.

"You then create these little waves of pause and crazy within your bookshelf which keeps them interesting and keeps you moving across them," she says.

"Bookshelves are one of the most beautiful spaces in our homes."
HGTV host Genevieve Gorder

DAVID A. LAND/HGTV MAGAZINE

MYRNA SUAREZ/SANUS

"You have everything at fingers' reach. All your lighting can be in one switch on your phone, as well."
Genevieve Gorder

Create a smart home

"A huge part of my job is helping people step into the idea of a smart home, which is, shockingly enough, one of the most affordable ways to update your place," says Gorder.

"It starts with bringing all your security onto your tablets or onto your phone. You have everything at fingers' reach. All your lighting can be in one switch on your phone, as well."

But before you get plugged-in, Gorder stresses taking the time to understand the new gadgets and reading the manuals. "I find we often hate doing that, so we have all these incredible features and not really know how to connect them or have them talk to each other," she says.

"Once you invest that initial couple of hours your house starts working for you and that's a beautiful thing when you can turn off your security alarm from another state. Or I can set my thermostat on my phone so the house is really warm when I get home."

Liven up the walls

While paint is obviously the most affordable and boldest change you can make, Gorder says in 2015, it's really about diving into different palettes."Black and navy are going to be huge," says the designer, who painted her new living room black. "It's so dramatic. I love how everything pops off of black."

Want to have more fun with your walls? Gorder recommends Tempaper for renters. "It's a temporary wallpaper. You can cover your foyer in an hour and all of a sudden you have a completely different space," she says. "It's a really fun way to make your house feel like you're not renting and bring in some distinct pattern, especially in those transitional spaces like hallways, stairways and bathrooms."

DAVID A. LAND/HGTV MAGAZINE

"Black and navy are going to be huge."
Genevieve Gorder, who painted her new living room walls black.

Throws add colour, texture and pattern

"Throws are the underrated power player of any room," says Gorder. "They bring in colour and texture and pattern."

- Her advice: It's all about layering these textiles.
- "Hang it off your couch, on your chair, on your bed — I'll have three of them on my bed. I'll roll them up and put them in big vessels by the fireplace," says the expert. "They take up small amounts of space but add huge impact."

Fish and chips has some competition

Lunch. This Salt-and-Pepper Squid and Chips recipe is a unique alternative to traditional haddock or cod

This recipe serves four. BRETT STEVENS

Ingredients

- 1 tbsp dried chilli flakes
- 1 tbs whole black peppercorns
- 1 tbs Szechuan peppercorns (available from Asian food shops)
- Seasalt
- 3/4 cup (100 g) rice flour
- 1 kg small squid
- Peanut oil, to deep-fry
- 3 large potatoes (about 800 g), peeled, cut into matchsticks (a mandoline is ideal for this)
- Lime wedges and aioli* (garlic mayonnaise, which is available at selected supermarkets and delis), to serve

1. Preheat the oven to 160 C.

2. Dry-roast the chilli, peppercorns and Szechuan pepper with 2 tablespoons of sea salt in a wok over medium heat for 2-3 minutes until fragrant. Grind to a powder in a spice grinder or mortar and pestle. Place in a bowl with the flour and mix well. Set aside.

3. Cut the tentacles away from the squid tubes, discarding beak. Open out the tubes and clean, then lightly score the insides of the tubes in a criss-cross pattern. Cut into bite-sized pieces.

4. Half-fill a wok or deep-fryer with oil and heat to 160 C. Fry the chips in the oil for 2 minutes until almost cooked, then remove and drain on paper towel. Toss the chips in half the flour mixture and set aside.

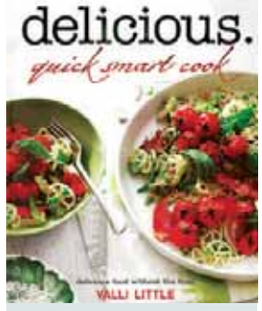
5. Increase oil to 190 C. Toss the squid tubes and tentacles in remaining flour mixture and shake off excess. Fry, in batches, for 2 minutes until crisp and golden. Drain well and keep warm in the oven while you finish the chips. Return the chips to the oil for a further 1-2 minutes until crisp and golden, then drain well.

6. Serve the salt-and-pepper squid and chips with lime wedges and aioli.

BOTH RECIPES FROM QUICK SMART COOK BY VALLI LITTLE. PUBLISHED IN CANADA BY HARPERCOLLINS. ALL RIGHTS RESERVED.

Cookbook of the Week

Make it snappy!



While you may not always want to judge a book by its cover, this time go right ahead. True to its cover and title, Quick Smart Cook by Valli Little is packed with ideas when you're short on time and dishes that help to reduce the stress of entertaining.

The book features 120 recipes and photography in an easy-to-follow format. Whether you're a novice looking for easy techniques or a seasoned cook seeking new ideas, the book will help to inspire your culinary repertoire.

Among the recipes are Panzanella Salad, Thai Lobster Curry, Maple-Glazed Duck, Moroccan Cottage Pie, Carrot Cake and Swedish Apple Cake. METRO

This recipe serves four people. BRETT STEVENS

Lunch. Strawberry and Brie Sandwiches

Ingredients

- 40 g unsalted butter
- 8 slices brioche
- 50 g strawberry jam
- 250 g strawberries, hulled, sliced
- 175 g chilled brie, sliced 1cm-thick
- 1-2 tbsp caster sugar
- Icing sugar, to dust

1. Use half the butter to spread on the brioche slices. Spread the unbuttered sides of 4 slices with jam, then cover with the strawberry slices and brie. Top with the remaining brioche, unbuttered-side down, then sprinkle the sandwiches all over with the caster sugar.

2. Melt the remaining butter in a frying pan over medium heat. Add two sandwiches and cook for 1-2 minutes each side, pressing down gently with a spatula, until the bread is golden and the brie has melted. Keep warm while you cook the remaining sandwiches, then serve dusted with icing sugar.

For your phone

Great British Chefs – Alaskan Seafood (iPad; free)

Between selections of salmon, halibut, king crab, and black cod, Britain's best chefs are back with 60 free recipes, beautifully photographed and enhanced with timers, shopping lists and wine recommendations.

MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

CFL

Hufnagel named coach of the year

The CFL's best regular-season record and a Grey Cup championship have earned John Hufnagel his second Annis Stukus Trophy.

Hufnagel was named the CFL's coach of the year Wednesday in voting conducted by the Football Reporters of Canada, receiving 43 of the 65 ballots cast. Tom Higgins of the Montreal Alouettes and Chris Jones of the Edmonton Eskimos were the other finalists.

Hufnagel, 63, guided Calgary to a league-best 15-3 record and the Stampeders capped their season with a 20-16 Grey Cup victory over the Hamilton Tiger-Cats.

THE CANADIAN PRESS

Team Canada

Wickenheiser, Ouellette top camp roster

Veteran forwards Caroline Ouellette and Hayley Wickeheiser are among 24 players summoned to a national women's hockey team camp next week in Blainville, Que.

Wickenheiser, a six-time Olympian, is Canada's all-time leading scorer. Ouellette, a four-time Olympian, was captain of the team that beat the U.S. in overtime for Olympic gold in 2014.

The Jan. 26-to-30 camp is part of Canada's preparation for the world women's hockey championship March 28 to April 4 in Malmo, Sweden.

THE CANADIAN PRESS

MLB

Bonds mentoring Rodriguez

Alex Rodriguez is getting hitting tips from Barry Bonds as the New York Yankees third baseman prepares to return from a season-long suspension.

Rodriguez, who turns 40 in July, is sixth on the career list with 654 homers. Bonds leads with 762.

A-Rod admitted six years ago he used banned steroids while with Texas from 2001-03, and he was suspended for last season for violations of baseball's drug agreement and labour contract. THE ASSOCIATED PRESS

Sens and Leafs renew their rivalry

The Maple Leafs' Stuart Percy drives Erik Condra of the Senators to the ice at the Canadian Tire Centre on Wednesday. In their final game before the all-star break, the Sens were trying to snap a two-game losing streak. Go to metronews.ca to see if they achieved that goal. SEAN KILPATRICK/THE CANADIAN PRESS

Bouchard obliges an unusual request

Australian Open. Canadian star executes her best twirl following her second-round win

Eugenie Bouchard's jaw dropped a little and her eyes went wide when the male presenter conducting her on-court interview at the Australian Open made an unusual request: "Can you give us a twirl?"

"A twirl?" the 20-year-old Canadian asked.

"A twirl, like a pirouette, here you go," coaxed her white-haired interviewer on Margaret Court Arena, urging the Wimbledon runner-up to show the crowd her outfit, a pink skirt and top with bright yellow straps.

Somewhat uncomfortably, the No. 7-ranked player twirled. Then she laughed and buried her face in her hands.

During her post-match news conference Bouchard spoke first about her dominating 6-0, 6-3 win over Kiki Bertens of the Netherlands in just 54 minutes. Then she addressed the twirl.

"It was very unexpected," said Bouchard, who is known for a steely determination, drive and ambition that propelled her from relative obscurity to stardom last year. She reached the semifinals at last year's Australian and French Opens and the final at Wimbledon, becoming the first Canadian to appear in a Grand Slam final.

"I don't know, an old guy asking you to twirl. It was funny," she said.

THE ASSOCIATED PRESS

Eugenie Bouchard advanced to the third round after beating Kiki Bertens on Wednesday in Melbourne. BERNAT ARMANGUE/THE ASSOCIATED PRESS

Day 3

- No. 2-ranked Maria Sharapova saved two match points and earned a 6-1, 4-6, 7-5 win over fellow Russian Alexandra Panova, a qualifier ranked No. 150.
- Rafael Nadal persevered through stomach cramps to fend off American qualifier Tim Smyczek 6-2, 3-6, 6-7 (2), 6-3, 7-5.
- Roger Federer was troubled by a sore right pinkie finger, an injury he couldn't diagnose or explain, but rallied to beat Simone Bolelli 3-6, 6-3, 6-2, 6-2 to advance to the third round.
- Also advancing in the men's draw were three-time Australian Open finalist Andy Murray, Tomas Berdych and Grigor Dimitrov.

CSI of PSI: Patriots under investigation

NFL playoffs. Belichick has been known for reinterpreting rules throughout his career

Add underinflated footballs to the list of incidents giving Bill Belichick a reputation for guile and playing above the rules.

Softer footballs wouldn't explain all of a rout that earned the New England Patriots a spot in the Super Bowl. But it's another example of Belichick's reputation for searching for edges and bending any rules until he gets caught.

Vague injury reports. Spygate. Signing players with intel on opponents. And now, an open NFL investigation into whether the team cheated during its AFC championship win.

"Because it's the Patriots and they have a history, that brings in a different issue," former All-Pro running back Jerome Bettis said on ESPN. "There's some type of culture there that's conducive to cheating and that's a problem."

Team officials on Wednesday did not respond to a request for comment from Belichick, quarterback Tom Brady or team owner Robert Kraft.

Belichick no longer gets the benefit of the doubt, even among those who think he's the best coach in the league. Earlier this month, Hall of Fame coach Don Shula called him "Beli-cheat."

It all traces back to a reputation for gamesmanship that blossomed after the three-time Super Bowl winner's last title in 2004.

In 2007, Belichick was fined $500,000 and the team was fined $250,000 and stripped of its 2008 first-round draft choice by the NFL for videotaping New York Jets signals during a 2007 game. At the time, opponents wondered whether he taped practices, too.

Last year, Cleveland Browns coach Mike Pettine suggested Belichick might have gotten a copy of the Jets playbook through Alabama coach Nick Saban, an accusation denied by Saban and then-Jets coach Rex Ryan.

Belichick has signed players days before the Patriots faced their former team, opening up new avenues of intel. Six days before the opener against Miami this season, a 33-20 loss, the Patriots signed safety Don Jones a day after he was cut by the Dolphins. He played nine games for New England before being cut and re-signing with the Dolphins.

The NFL continued its investigation Wednesday into whether the Patriots snuck underinflated footballs into their 45-7 win against the Colts.

ESPN reported Tuesday night, citing anonymous sources, that the NFL found 11 of 12 footballs provided by the Patriots were not properly inflated, while balls used by the Colts on offence met league standards. THE ASSOCIATED PRESS

Tweeted

"They could have played with soap for balls and beat us. Simply the better team."

Indianapolis Colts tight end Dwayne Allen

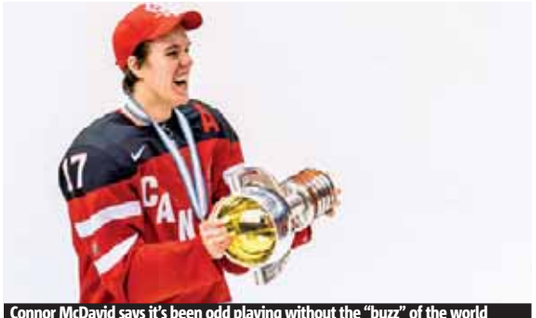
Head coach Bill Belichick and his New England Patriots are under investigation for tampering with the footballs before Sunday's AFC championship game in Foxborough, Mass. Indianapolis Colts quarterback Andrew Luck had his worst game as a pro, completing only 12 of 33 passes for 126 yards, no touchdowns and two interceptions.

MATT SLOCUM/THE ASSOCIATED PRESS

Ball protocol

- **Chain of custody.** Footballs are delivered to the officials' dressing room two hours and 15 minutes before kickoff. The ref inspects each one, with a pump provided by the home team to adjust air pressure as needed. Balls must have at least 12.5 PSI and no more than 13.5 PSI.
- **The ref rules.** The ref is the judge of whether a ball is fit for play and marks each one approved for the game. The rule says the footballs "shall remain under the supervision of the referee until they are delivered to the ball attendant just prior to the start of the game." A key question is whether the balls improperly passed inspection or were either switched or tampered with after inspection.
- **Potential punishment.** Commissioner Roger Goodell has latitude. This offence includes a fine as low as $25,000 for anyone deemed responsible for tampering, even if it's the head coach. Goodell could also strip the team of draft picks, suspend people for "unfair acts," and reverse a game's result or reschedule a game.

CHL life not the same for McDavid after WJC win



Connor McDavid says it's been odd playing without the "buzz" of the world juniors. "I miss it a lot," the projected NHL No. 1 pick says. DENNIS PAJOT/GETTY IMAGES

Connor McDavid keeps reliving the final seconds of winning world junior gold for Canada. Lawson Crouse remembers it like it was yesterday.

More than two weeks after ending the nation's gold-medal drought at the world junior championship, McDavid and Crouse are still glowing.

"You say you want to move on and stuff like that. You got to," McDavid said Tuesday before practice for the CHL Top Prospects game in St. Catharines. "But it's hard to say you don't miss it. I miss it so much.... I was talking with some of the guys yesterday and I miss it a lot. I miss that feeling and that energy and that buzz."

The Air Canada Centre, loud with almost every fan wearing red-and-white, was intoxicating. It's taken time for McDavid to move past his biggest hockey accomplishment yet.

"It's pretty common to have a little bit of a letdown after world juniors," McDavid said. "Your game is so ramped up and everything is riding on a single play and everything like that. Then you come back to the OHL, which is still great hockey and all that, but it's not the world juniors."

Still, the projected NHL No. 1 has picked up five goals and four assists in five games since returning to the Erie Otters.

Crouse, expected to be a top-10 pick, also had some difficulty adjusting when he returned to the Kingston Frontenacs.

"I went back and I tried to do too much, and I sat down with Coach (Paul MacFarland) and I told him that," Crouse said. "He just said, 'Well, just do the things that got you there.' After two games I kind of got back to my normal self."

Crouse has four goals and three assists in six games since returning from junior duty.

THE CANADIAN PRESS

Quoted

"People asked me if it was relief that I was feeling, but it was nothing but joy."

Connor McDavid on winning the world juniors earlier this month in Toronto

MLB

"I don't play this game for money, but yet at the same time, when you have an offer like that, it just makes you go, 'Wow.'"

Pitcher Max Scherzer who was introduced in Washington on Wednesday after signing a $210-million, seven-year contract with the Nationals.

NHL

Whitney retires after 22 season

Former NHL all-star Ray Whitney has announced his retirement after 22 seasons in the league. The two-time NHL all-star helped Carolina win the Stanley Cup in 2006

The 42-year-old was taken 23rd overall, by the San Jose Sharks in 1991.

THE CANADIAN PRESS

Money Madrid

$786M

Real Madrid is football's biggest moneymaker for the 10th straight year, generating 549.5 million euros ($752 million US on June 30) in 2013-14. Manchester United was second bringing in 433.2 million pounds ($740 million on June 30), which equated to 518 million euros during the financial year. The current exchange rate would put United on top with 566 million euros.

Capital One Cup

Hotspur take first-leg lead over Sheffield United

Tottenham relied on Andros Townsend's penalty to gain a slim edge over third-tier side Sheffield United in the League Cup on Wednesday, taking a 1-0 lead into the second leg of their semi-final. THE ASSOCIATED PRESS

Bob Harris of Sheffield United clashes with Tottteham's Andros Townsend on Wednesday at White Hart Lane in London. JAMIE MCDONALD/GETTY IMAGES

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Do not get emotional about money. Yes, of course, it's nice to have enough of the stuff not to have to worry about paying the bills but at the end of the day it's still just coloured paper.

♉ Taurus
April 21 - May 21
A friend may be holding out on you in some way, but is it important? Pretend not to notice. If a small victory makes them happy, let them have it.

♊ Gemini
May 22 - June 21
Someone more experienced than you will take you under their wing and teach you a number of things worth knowing. Amazingly they won't ask for a favour in return.

♋ Cancer
June 22 - July 23
Don't worry if you fall behind in your schedule because you will catch up with ease tomorrow when Saturn compels you to act. It's nice to be on top of your work but it's no big deal if you waste time occasionally.

♌ Leo
July 24 - Aug. 23
Where money matters are concerned push personal feelings to one side and do what's best for your long-term interests.

♍ Virgo
Aug. 24 - Sept. 23
Don't make any hard plans for the next 24 hours because they will change. If a partner insists that you change direction, agree with them. Be flexible.

♎ Libra
Sept. 24 - Oct. 23
If you restrict yourself to one way of completing a task you will get bored and either do a poor job or give up on it. Keep yourself interested by varying your routine.

♏ Scorpio
Oct. 24 - Nov. 22
You won't find it hard to get things done today but try to remember that not everyone is as motivated as you. It gives you an excuse to work on your own, which you prefer.

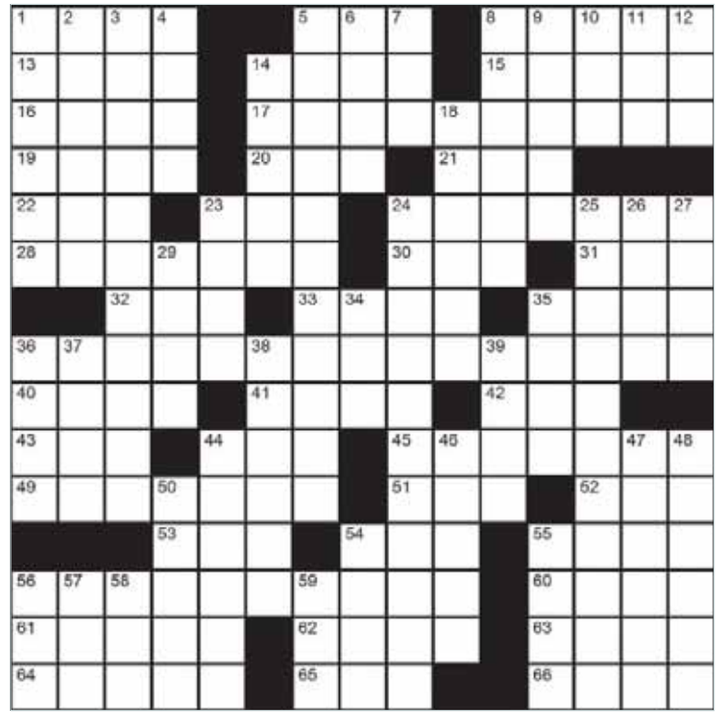
♐ Sagittarius
Nov. 23 - Dec. 21
You may have a thousand and one issues to deal with but you must still find time to let loved ones know they mean the world to you. Remember, it's not about "me" it's about "us".

♑ Capricorn
Dec. 22 - Jan. 20
No one expects you to be perfect, so why do you expect it of yourself? If you have made some kind of mistake then hold your hand up and admit it.

♒ Aquarius
Jan. 21 - Feb. 19
If you want someone to do you a favour you are going to have to flatter them, even though they don't deserve it. Keep your real thoughts to yourself.

♓ Pisces
Feb. 20 - March 20
Make it your aim over the next few days to finish something you started a long time ago. You may have to shut yourself away but focus and get it done.

Crossword: Canada Across and Down by Kelly Ann Buchanan



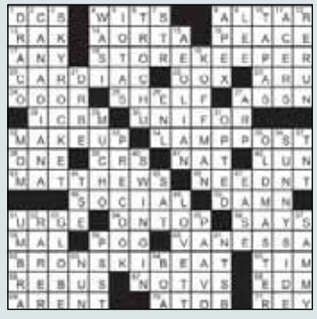
Across

1. Somewhat, musically
5. Puget, e.g.
8. Rapper whose 2007 album 'Epiphany' reached number one
13. German industrial region
14. Hoover Dam lake
15. Convey
16. 'Hypn' suffix
17. Grooming for guys
19. The Who's "__ O'Riley"
20. Wine classification, with Grand
21. '_' __ for Richelieu
22. Certain consciousness
23. T.O. Raptors home
24. Mount of the Muses
28. German: German
30. 'Fact' finisher
31. Canadian broadcaster Mr. Lewis
32. Angelina Jolie flick
33. Yore
35. The __ (Hamilton's daily newspaper, commonly)
36. Drama series starring Steve Buscemi set during Prohibition-era Atlantic City: 2 wds.
40. "You Can Count __ __" (2000)
41. Actor, Michael __
42. Asleep
43. Adriatic __
44. Chg. card percentage
45. Catch
49. Michael __ (Newfoundland author of current novel Sweetland)
51. Li'l digits
52. Captain's record
53. Mo. after March
54. Ms. Messing, briefly
55. Wound's remnant
56. 1982: Top 40 song for Frank Zappa and his daughter Moon Unit: 2 wds.
60. Obscure
61. The Miracles' "You Really Got _ __ on Me"
62. Advantage
63. Mr. Redding
64. Expire
65. Mattel product
66. Views

Down

1. Examined
2. Electricity problem
3. City in the Nord-du-Quebec region of La Belle Province
4. Sea wolf
5. Type of rescue operation: 2 wds.
6. Mork's greeting, when doubled
7. Initials-sharers of Rhea Perlman's hubby
8. 1836: The Backwoods of Canada
9. Particular pop
10. Ms. MacGraw
11. Sir McKellen
12. NFL team on the East Coast [acronym]
14. Old Rome's 2300
18. Make
23. "Take _ __ song..." - The Beatles, "Hey Jude"
24. Canadian petroleum company (with a dog logo) headquartered in Calgary: 2 wds.
25. Ottawa: 2 wds.
26. Finished
27. Kind
29. Lose steam
34. Calgary, __.
35. Made the wool
36. Pear variety
37. Niner - Eighter = Er, what?
38. Ontario: Niagara-on-the-Lake establishment
39. Toronto neighbourhood, __ Park
44. Hold back
46. Stately
47. Rock tour profession
48. Go forth
50. Retail complexes
54. "White Flag" songstress
55. Sandal, for one
56. __-d'Or, QC
57. '80s group
58. Crop
59. Acquire

Yesterday's Crossword



Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

4	3	9	2	5	1	7	6	8
1	8	7	3	9	6	5	2	4
5	2	6	7	8	4	3	1	9
6	9	2	1	4	5	8	3	7
3	4	1	8	7	2	6	9	5
8	7	5	9	6	3	1	4	2
2	1	8	5	3	9	4	7	6
7	6	3	4	2	8	9	5	1
9	5	4	6	1	7	2	8	3

Today's Sudoku

	5	3				7	9	
			7	4	6			
		7				1		
9	1		3		5		2	7
6								3
3	7		6		9		1	4
		8				5		
			8	5	2			
	4	9				3	8	

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